

Lobster Chowder



Preparation Time: 30 minutes
Makes: 6 1-cup servings

INGREDIENTS:

1 tbsp.	Wesson® Vegetable Oil
½ cup	chopped onion
½ cup	diced carrot
1 tsp.	Old Bay® Seasoning
1 bottle	(8 oz.) clam juice
1 can	(14.5 oz.) ready-to-serve fat free chicken broth
1½ cups	shredded baking potato (1 large)
1 cup	frozen whole kernel corn
1 pkg.	(8 oz.) Louis Kemp Lobster Delights®
½ cup	skim milk
½ tsp.	salt

Heat oil in large saucepan or Dutch oven over medium heat. Add onion and carrot; cook and stir 3 minutes. Add Old Bay Seasoning, clam juice and broth; bring to a boil. Add potato and corn. Reduce heat to medium-low, cover and simmer 10 minutes or until potato is tender, stirring several times. Stir in lobster, milk and salt. Heat 2 to 3 minutes longer or until hot.

Printing Instructions:

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